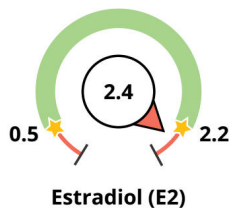


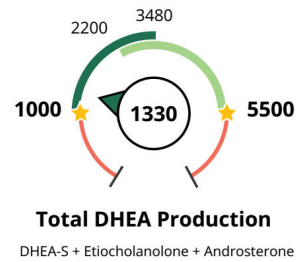
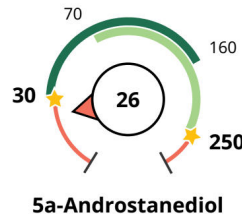
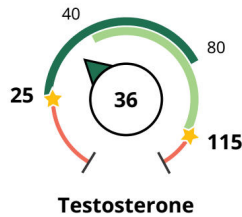
TEST NAME: Male Sample Report\_DUTCH Plus[27] 2025

## Hormone Testing Summary

### ESTROGEN

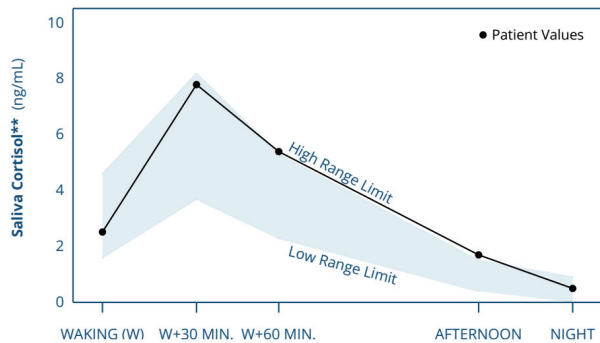


### ANDROGENS

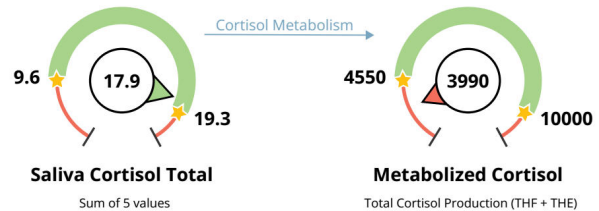


### CORTISOL

#### Saliva Free Cortisol Pattern



#### Cortisol Clearance Rate



■ Normal  
■ Out of Range ★ Edge of Range  
■ Age 18 - 40 (Androgens)  
■ Age 41 - 60+ (Androgens)

\*\*Free cortisol best reflects tissue levels. Metabolized cortisol best reflects total cortisol production.

## TEST NAME: Male Sample Report\_DUTCH Plus[27] 2025

### Sex Hormones & Metabolites

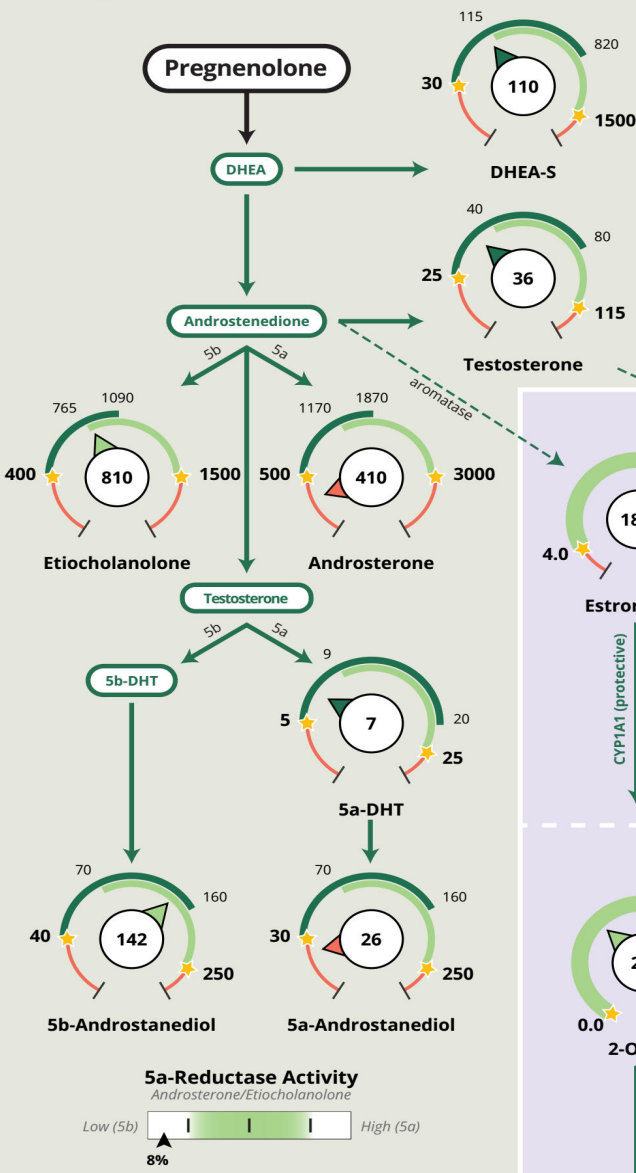
TEST		RESULT	UNITS	NORMAL RANGE
<b>Progesterone Metabolites (Urine)</b>				
b-Pregnanediol	Within range	175.7	ng/mg	75 - 400
a-Pregnanediol	Low end of range	24.0	ng/mg	20 - 130
<b>Estrogens and Metabolites (Urine)</b>				
Estrone (E1)	Above range	17.96	ng/mg	4 - 16
Estradiol (E2)	Above range	2.42	ng/mg	0.5 - 2.2
Estriol (E3)	Within range	5.6	ng/mg	2 - 8
2-OH-E1	Within range	2.08	ng/mg	0 - 5.9
4-OH-E1	Within range	0.60	ng/mg	0 - 0.8
16-OH-E1	Within range	1.00	ng/mg	0 - 1.2
2-Methoxy-E1	Within range	1.25	ng/mg	0 - 2.8
2-OH-E2	Within range	0.31	ng/mg	0 - 1.2
4-OH-E2	Within range	0.21	ng/mg	0 - 0.25
Total Estrogen	Within range	31.4	ng/mg	10 - 34
<b>Metabolite Ratios (Urine)</b>				
2-OH / 16-OH-E1 Balance	Below range	2.06	ratio	2.85 - 9.88
2-OH / 4-OH-E1 Balance	Below range	3.43	ratio	6.44 - 12.6
2-Methoxy / 2-OH Balance	Within range	0.61	ratio	0.4 - 0.7
<b>Androgens and Metabolites (Urine)</b>				
DHEA-S	Low end of range	110.0	ng/mg	30 - 1500
Androsterone	Below range	410.0	ng/mg	500 - 3000
Etiocholanolone	Within range	809.7	ng/mg	400 - 1500
Testosterone	Low end of range	36.03	ng/mg	25 - 115
5a-DHT	Low end of range	7.0	ng/mg	5 - 25
5a-Androstanediol	Below range	26.0	ng/mg	30 - 250
5b-Androstanediol	Within range	142.0	ng/mg	40 - 250
Epi-Testosterone	Low end of range	41.2	ng/mg	25 - 115

"Normal" range shown above is the overall normal range across all ages (shown as between the stars on the dials). Age-dependent reference ranges are now included with the DUTCH dials on the next page.

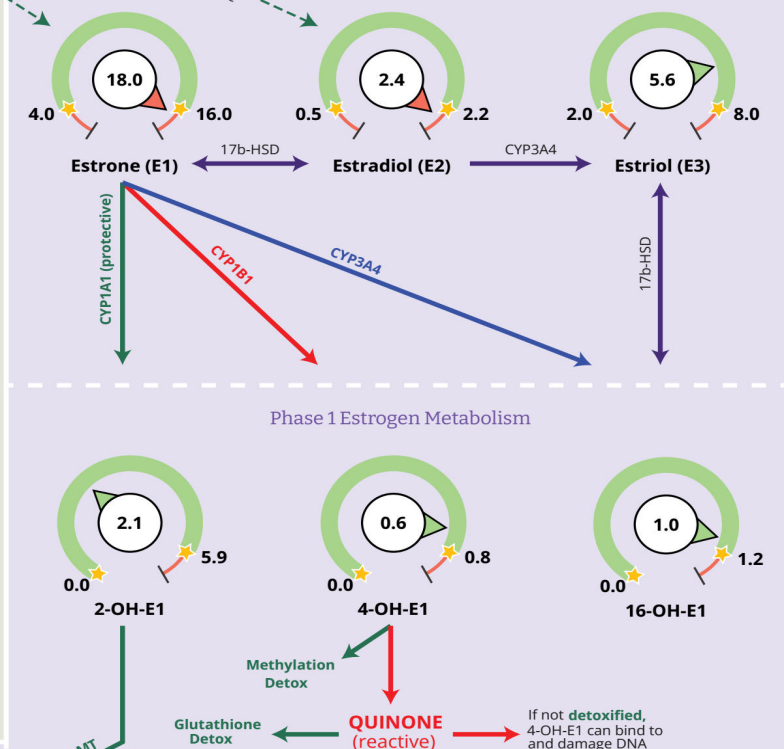
TEST NAME: Male Sample Report\_DUTCH Plus[27] 2025

SEX HORMONES & METABOLITES

Androgens

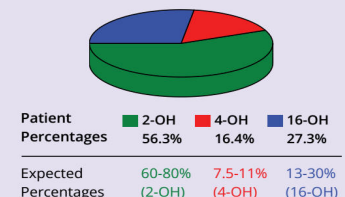
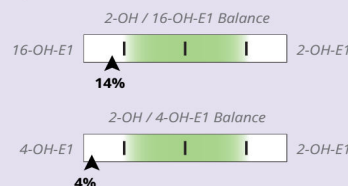
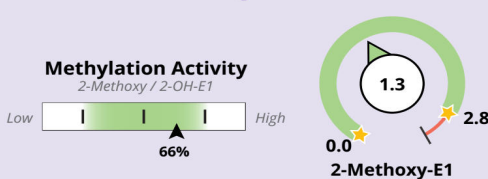


Estrogens



Phase 1 Estrogen Metabolism

Phase 2 Estrogen Metabolism





PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

AGE: XX

XXXXXXXXXXXXXXXXXXXX

XXXXXXXXXXXXXXXXXXXX

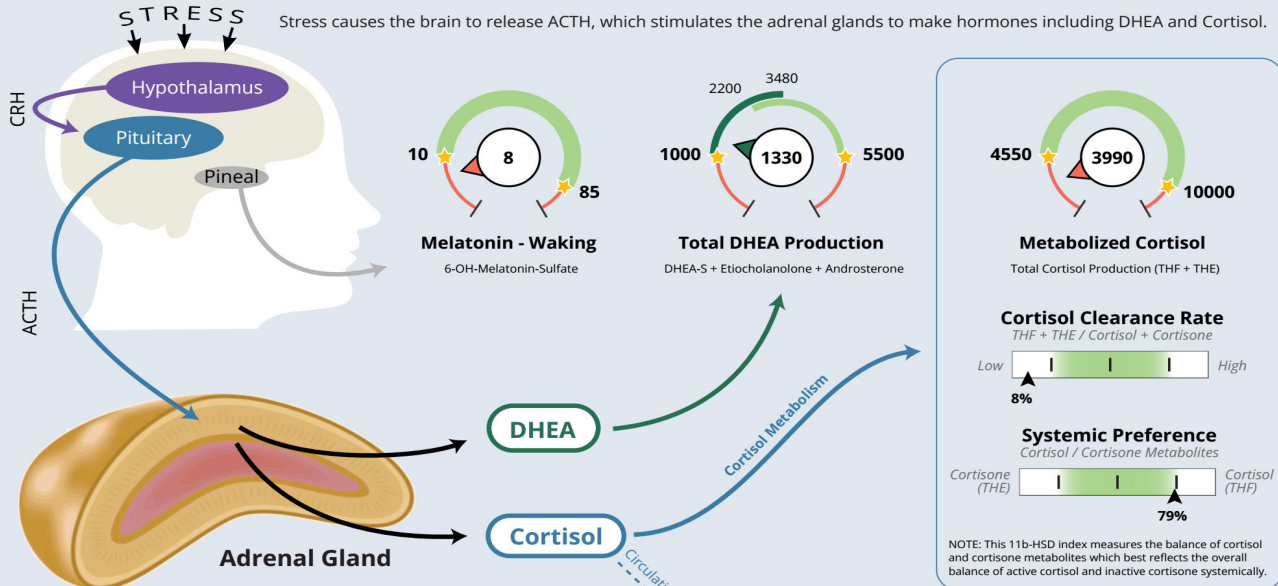
## TEST NAME: Male Sample Report\_DUTCH Plus[27] 2025

## Adrenal Hormones &amp; Metabolites

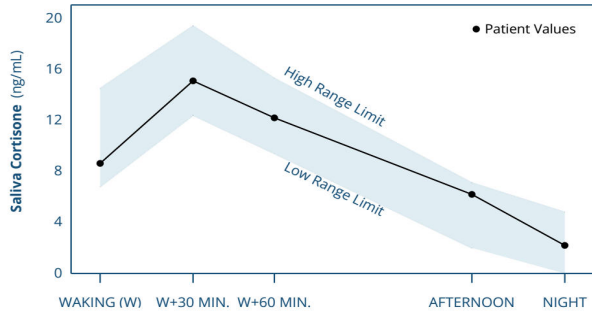
TEST		RESULT	UNITS	NORMAL RANGE
<b>Free Cortisol and Cortisone (Saliva)</b>				
Saliva Cortisol - Waking (W)	Within range	2.52	ng/mL	1.6 - 4.6
Saliva Cortisol - W+30 min.	High end of range	7.80	ng/mL	3.7 - 8.2
Saliva Cortisol - W+60 min.	Above range	5.40	ng/mL	2.3 - 5.3
Saliva Cortisol - Afternoon	Above range	1.70	ng/mL	0.4 - 1.5
Saliva Cortisol - Night	Within range	0.50	ng/mL	0 - 0.9
Saliva Cortisone - Waking (W)	Within range	8.63	ng/mL	6.8 - 14.5
Saliva Cortisone - W+30 min.	Within range	15.10	ng/mL	12.4 - 19.4
Saliva Cortisone - W+60 min.	Within range	12.20	ng/mL	9.4 - 15.3
Saliva Cortisone - Afternoon	Within range	6.20	ng/mL	2 - 7.1
Saliva Cortisone - Night	Within range	2.20	ng/mL	0 - 4.8
Saliva Cortisol Total	High end of range	17.92	ng/mL	9.6 - 19.3
Saliva Cortisone Total	Within range	44.33	ng/mL	36 - 55
<b>Creatinine (Urine)</b>				
Creatinine A - Waking	Within range	0.50	mg/ml	0.3 - 3
Creatinine B - Morning	Within range	0.72	mg/ml	0.3 - 3
Creatinine C - Afternoon	Within range	0.48	mg/ml	0.3 - 3
Creatinine D - Night	Within range	0.34	mg/ml	0.3 - 3
<b>Cortisol Metabolites and DHEA-S (Urine)</b>				
a-Tetrahydrocortisol (a-THF)	Below range	140.0	ng/mg	175 - 700
b-Tetrahydrocortisol (b-THF)	Low end of range	1900.0	ng/mg	1750 - 4000
b-Tetrahydrocortisone (b-THE)	Below range	1950.0	ng/mg	2350 - 5800
Metabolized Cortisol (THF + THE)	Below range	3990.0	ng/mg	4550 - 10000
DHEA-S	Low end of range	110.0	ng/mg	30 - 1500
Cortisol Clearance Rate (CCR)	Below range	64.1		80 - 160
<b>Additional Cortisol and Cortisone (Saliva)</b>				
* Saliva Cortisol - Insomnia	Within range	0.42	ng/mL	0 - 0.9
* Saliva Cortisone - Insomnia	Within range	2.10	ng/mL	0 - 4.8

TEST NAME: Male Sample Report\_DUTCH Plus[27] 2025

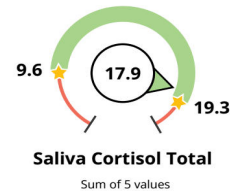
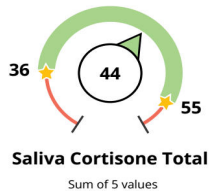
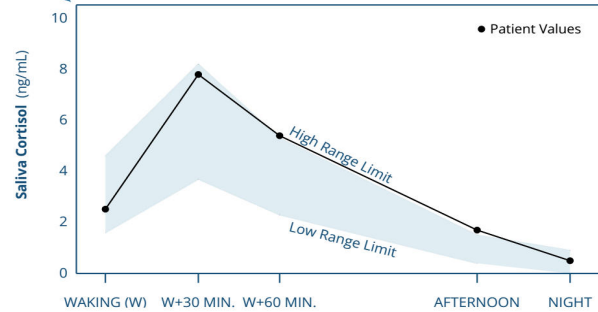
ADRENAL HORMONES & METABOLITES



Saliva Free Cortisone Pattern



Saliva Free Cortisol Pattern



- The patient submitted an Insomnia salivary sample. The cortisol result for this sample was 0.42ng/mL (expected range 0-0.9) The cortisone result for this sample was 2.10 ng/mL (expected range 0-4.8)

The Cortisol Awakening Response (CAR) is the rise in salivary cortisol between the waking sample and the sample collected 30 minutes later. **This patient shows a waking cortisol of 2.52 and an increase to 7.8 after 30.0 minutes. This is an increase of 5.3ng/mL or 210%.** Preliminary research shows that 50-160% or 1.5-4.0ng/mL increases are common with samples collected 30 minutes after waking. These guidelines are considered research only. **This patient shows a salivary cortisol of 5.4 measured 60 minutes after waking. This is an increase of 2.88ng/mL or 114% compared to the waking sample.** To date, data suggests that expected results may be 0-70%, and this guideline is considered for research only.



PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

XXXXXXXXXXXXXXXXXXXXXX

## TEST NAME: Male Sample Report\_DUTCH Plus[27] 2025

## Organic Acid Tests (OATs)

TEST		RESULT	UNITS	NORMAL RANGE
<b>Nutritional Organic Acids (Urine)</b>				
Vitamin B12 Marker - May be deficient if high				
Methylmalonate (MMA)	Within range	2.9	ug/mg	0 - 3.5
Vitamin B6 Markers - May be deficient if high				
Xanthurenate	Above range	2.20	ug/mg	0.2 - 1.9
Kynurenate	High end of range	6.4	ug/mg	1 - 6.6
Biotin Marker - May be deficient if high				
b-Hydroxyisovalerate	Above range	23.0	ug/mg	0 - 18
Glutathione Marker - May be deficient if low or high				
Pyroglutamate	Within range	62.0	ug/mg	38 - 83
Gut Marker - Potential gut putrefaction or dysbiosis if high				
Indican	Within range	90.4	ug/mg	0 - 131
<b>Neuro-Related Markers (Urine)</b>				
Dopamine Metabolite				
Homovanillate (HVA)	Low end of range	4.4	ug/mg	4 - 16
Norepinephrine/Epinephrine Metabolite				
Vanilmandelate (VMA)	High end of range	7.3	ug/mg	2.5 - 7.5
Neuroinflammation Marker				
Quinolinate	Within range	9.1	ug/mg	0 - 12.5
<b>Additional Markers (Urine)</b>				
Melatonin - Waking				
6-OH-Melatonin-Sulfate	Below range	7.8	ng/mg	10 - 85
Oxidative Stress / DNA Damage				
8-Hydroxy-2-deoxyguanosine (8-OHdG)	Within range	3.7	ng/mg	0 - 8.8